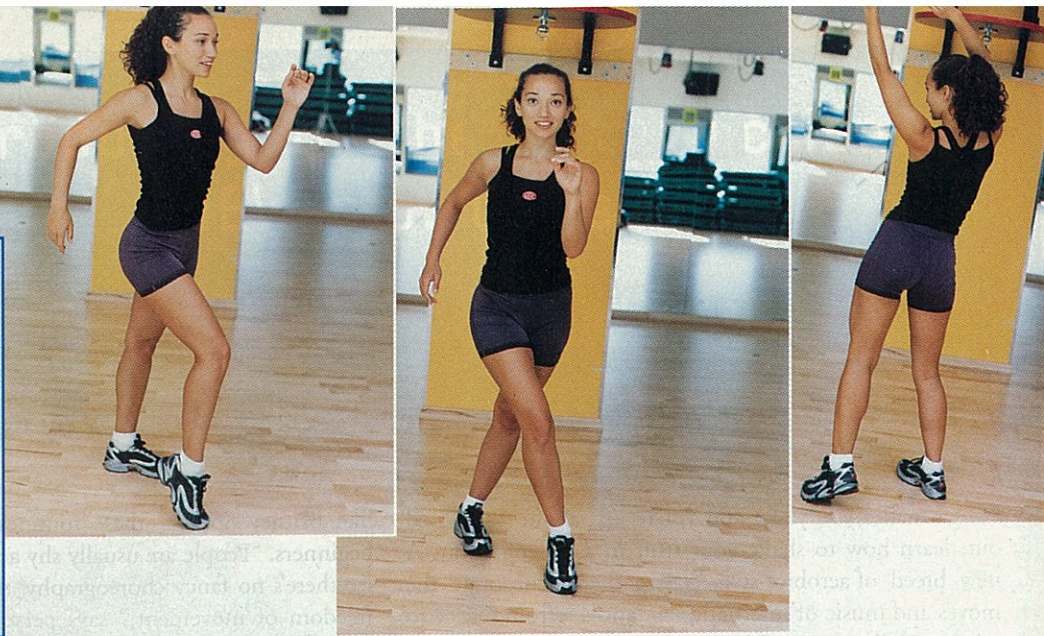


## bodyline

### dance fever continued

"Lots of people like the idea of Latin dance but are too intimidated to go to a dance club to do it," says Fernandez (right), who is showing some of the steps from her workout. "Latin gym classes are a good way for beginners to learn the moves."



110 december 2000

**latin fusion** The first ethnic dance to catch on across the country, the Latin Groove class offered at New York Sports Clubs (NYSC), integrates moves from salsa, merengue, cha-cha and other traditional dances with basic dance and aerobics steps (like the toe tap shown above), set to tropical beats. The difference is, you don't need a partner to do it. But going solo shouldn't stop you from getting into the moves. In fact, the Latin classes are a great ab toner because many of the steps focus on the body's midsection. "Latin dance is extremely sensual," says Michelle Fernandez, who teaches the class at NYSC, "partly because of movements like hip isolations that people don't normally do."

Tera-Lee Pollin, 20, uses the Latin Groove class to stay in shape. "It's so upbeat," she says. "It's like going out to a nightclub—but working out." Fernandez agrees: "Even if you're doing the basic salsa while learning a new step, your heart is working at an aerobic level."

If you'd rather lambada around your living room before signing up at the health club, check out these videos: *Viva! Latin Rhythm Workout*, *Reebok AerobiCaliente!* or *Ritmos Latinos with Hugo Diez*, available from Collage Video. —Heather Morgan

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[roommate]



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